

**What is claimed is:**

1. A device for monitoring a length of time a person has been immobile, comprising:  
a power supply unit;  
5 a control unit, wherein the control unit is programmed to operate with associated hardware;  
a pressure sensor for detecting if a person has been immobile for a prolonged period of time; and  
a warning unit triggered by the control unit to generate a warning signal when a  
10 person has been immobile for a prolonged period of time.
2. The device of claim 1, wherein the device is used to prevent deep vein thrombosis.
3. The device of claim 1, further comprising a housing that encloses the power  
15 supply unit, the control unit, the pressure sensor, and the warning.
4. The device of claim 1, wherein the pressure sensor is connected to the user with a strap, an adhesive patch, or velcro.
- 20 5. The device of claim 1, wherein the power supply unit is a battery.
6. The device of claim 1, wherein the control unit is a microcontroller, microprocessor or programmable electronic circuit.

7. The device of claim 1, wherein the warning unit is a vibrating element, a speaker or sound generating element, a light emitting diode (LED) or light bulb, or warning message on a screen or monitor.

5           8. A method for monitoring a length of time that a person has been immobile, comprising:

          resetting a control unit;

          detecting whether a pressure sensor is activated;

          setting a first timer to a predetermined first time period; and

10           activating a warning signal if the pressure sensor remains activated during the entire first time period.

          9. The method of claim 8, wherein the method is used to prevent deep vein thrombosis.

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          10. The method of claim 8, wherein the method is implemented on a stand alone device, a mobile phone, a personal digital assistant, or on a laptop or desktop computer.

          11. The method of claim 8, further comprising setting a second timer to a second  
20           predetermined time period when the pressure sensor is deactivated.

          12. The method of claim 11, wherein the first timer is reset if the pressure sensor is deactivated for a period of time greater than or equal to the second predetermined time

period.

13. The method of claim 11, further comprising resetting the first timer if the pressure sensor is deactivated before the second time period elapses.

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14. A computer storage medium, including computer executable code for monitoring a length of time that a person has been immobile, comprising:

code for resetting a control unit;

code for monitoring a pressure sensor;

10 code for setting a first timer to a predetermined first time period; and

code for activating a warning signal if the pressure sensor remains activated during the entire first time period.

15 15. The computer storage medium of claim 14, including computer executable code for monitoring a length of time that a person has been immobile to prevent deep vein thrombosis.

16. The computer storage medium of claim 14, wherein the computer is a stand alone device, a mobile phone, a personal digital assistant, or a laptop or desktop computer.

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17. The computer storage medium of claim 14, further comprising code for setting a second timer to a second predetermined time period when the pressure sensor is deactivated.

18. The computer storage medium of claim 17, further comprising code for continuing with the first timer if the pressure sensor is deactivated for a period of time less than the second predetermined time period.